

PRP INJECTION PROTOCOL

PRE- & POST-INJECTION PROTOCOLS FOR PLATELET-RICH PLASMA (PRP) INJECTIONS

In an effort to optimize your outcomes following a PRP injection, TCO has developed the following pre- and post-injection protocols for you to follow. These are general guidelines. Your physician will discuss any restrictions or modifications that may apply specifically to you.

PRE-INJECTION PROTOCOL:

- Complete pre-procedure forms from Oberd.
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 2 weeks prior to the injection.
- Off-load joint (not required for all patients):
 - Heel wedges
 - Off-loader brace
- Gait analysis assessment.

POST-INJECTION PROTOCOL:

- Complete post-procedure forms from Oberd.
- Avoid NSAIDS (e.g. Advil, Motrin, Ibuprofen, Aleve, Celebrex) for 6 weeks following the injection. Tylenol can be taken for pain, as needed.
- For upper-extremity procedures, a sling may be needed for the first 2 days. Wean out of the sling, as tolerated, over the first 2 weeks.
- For lower-extremity procedures, non-weight bearing for the first 2 days following the injection. Incorporate weight bearing, as tolerated, over the first 2 weeks.
- Your physician will discuss any other specific exercises you should complete following a PRP injection.